

SC AHEC

ON N E C T S

Horry County Nurses Find Ways to Feed Hungry Children in Pee Dee

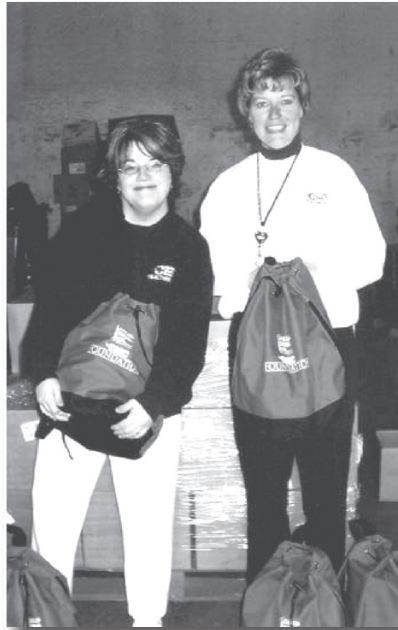
Margaret Cunningham, RN, MN, Nursing Education Coordinator, Pee Dee AHEC

Six-year-old April McGee arrives at school hungry and has a hard time paying attention to her teacher when all she can think of is food. She eats lunch in the cafeteria but when she goes home at night there is no supper. What happens on the weekends when the school does not provide free lunch and how hungry is her little brother, Charlie, who is too young to even attend school?

During the Pee Dee AHEC Advisory Committee meeting in the Spring of 2005, the problem of childhood hunger set the group into action. The purpose of the Advisory Committee meeting is to bring health care facility and academic program health educators together to discuss the educational needs of health care practitioners and students in the twelve county area served by Pee Dee AHEC. During the regional site reports, Tammy Truelove, RN, MSN and Jill Nale, RN, from Conway Medical Center's Educational Services shared a heart warming report on how the efforts of two nurses had helped change the lives of numerous children in Horry County.

Approximately 57% of the students enrolled in Horry County's public schools qualify for free or reduced lunch. Staff members at the schools realized many of the children went hungry over the weekend when they could get no free lunch. In February of 2005, Conway Medical Center's HealthReach service, which provides mobile outreach services offering free screenings to the medically underserved in Horry County, launched a program called "Backpack

Buddies". Two HealthReach department nurses, Liz Bright, LPN and Janie Smith, RN, MSN were instrumental in getting the program started. With funding from the Conway Medical Center Foundation and from Coastal Federal Bank, "Backpack Buddies" began providing food during the weekend to hungry Horry County kindergarten through fifth grade students who qualified for free or reduced lunch at school and their younger siblings.



The first weekend the program began, 57 children were served, the second weekend 107, the third weekend 125 and the program now fills approximately 450 backpacks each weekend! Nutritious, non-perishable food items such as cereal bars, fruit cups, juice boxes, cracker or cookie bags, canned meat or beans, pop tarts, beef sticks, and trail mix are packed into the backpacks each week. Donations have poured in from businesses such as Sam's Club, Girl Scouts of Conway, the Fraternal Order of Police-Lodge 12, Women of the Moose, Quantum Broadcast of Myrtle Beach, and others. Help for Kids, a division of Churches Assisting People, under the direction of Barb Mains, helps to coordinate the delivery of the 450 backpacks throughout Horry County. Two caring and compassionate nurses have found a way to help feed hungry children.

Pee Dee AHEC is proud to see the program's continued

Continued on Page 3

**SOUTH
CAROLINA AHEC**
Excellence In Health Care Through Education

Summer
2006



Annual Meeting Springs System Into Action

The South Carolina AHEC Annual Meeting provides an opportunity for the regional centers and Program Office to come together and celebrate the year's achievements while working towards next year's goals. This year's meeting was held March 20-21, in Myrtle Beach.

Highlights included motivational exercises; workshops on teamwork, partnerships and communication; and a panel on disaster preparedness. Although the weather outside was not "beachy", AHEC members from across the state enjoyed networking with each other through indoor activities.



The Annual Meeting also provided an opportunity for recognition of outstanding staff, collaborators and partners. The following awards were presented for 2006:

Ambassador Award:

*Angel Clark, MA,
HRDV, Mid-Carolina
AHEC*

The purpose of the South Carolina AHEC Ambassador Award is to recognize a member of the South Carolina AHEC system who has made a major contribution to the enhancement of South Carolina AHEC by exhibiting excellence.



Angel Clark exhibits the characteristics of the AHEC acronym making her the perfect candidate for this award. Her ATTITUDE instills a sense of confidence and hope in others that is both contagious and truly inspiring. Her HELPFULNESS can be seen in the lengths she goes to help all her students succeed. Angel demonstrates the principals of EMPOWERMENT through her endless quest to prepare and develop young men and women for a health professions career. Lastly, her CREATIVITY has carried her and her students through the transitions, risks and opportunities put before her. Congratulations to Angel Clark, the

2006 South Carolina AHEC Ambassador of the Year!

Clinical Training Site of the Year:

*Lovelace Family Medicine,
Prosperity, SC*

The Clinical Training Site of the Year is

selected based on the following criteria: being an active interdisciplinary clinical teaching site, positive feedback on evaluations completed by students, and letters of nomination from a Health Professions Student Coordinator and students.



Lovelace Family Medicine is a large, rural family practice in Prosperity, SC. Lovelace Family Medicine has had a relationship with AHEC dating back to 1998 when the office served as a pilot clinical training site for the Deans' Rural Primary Care Clerkship. Clinical education at Lovelace Family Medicine is a team effort. Third year medical students at the site spend an equal amount of time during the rotation with Dr. Oscar Lovelace, Dr. William Dixon III, Dr. Jeffrey Hall and Dr. Lisa Heichberger. At this site, students see first-hand the outreach that even a busy family practice can provide to the community through the Tobacco Intervention and Prevention Strategy. The providers at Lovelace Family Medicine are dedicated to their patients, the community and to the students. The entire staff at Lovelace Family Medicine is welcoming and supportive of students, making this an ideal clinical teaching site. Congratulations Lovelace Family Medicine, the 2006 South Carolina AHEC Clinical Teaching Site of the Year.

Outstanding Educator of the Year:

*Judy Nichols, RN, EMT-P,
Palmetto Health Richland*

The South Carolina AHEC Continuing Education Council

presents the Outstanding Educator of the Year



award to an exceptional educator that serves South Carolina's health care professionals. The Outstanding Educator of the Year is selected based on their ability to present content in a practical, useful format to meet the needs and expectations of program participants, while also communicating material dynamically. Educators also have to successfully adapt presentations to address multiple learning styles.

Judy Nichols is a well-respected and recognized educator for continuing education programs in nursing. She brings 25 years of nursing experience to her classes, making them practical, applicable and "user-friendly". Judy has touched the lives of countless nurses through her training programs. She has been described as a wonderful, enthusiastic teacher...who makes the complicated seem simple. Judy has spoken to audiences large and small, seasoned and new. She exemplifies her profession and the art of teaching. Judy currently works as a Critical Care Transport Nurse for Palmetto Health Richland in Columbia, SC. Congratulations Judy Nichols, the 2006 South Carolina AHEC Outstanding Educator of the Year.

Preceptor of the Year:

*Marsha Delavan, PA-C,
St. Paul's Medical Group,
Hollywood, SC*

The purpose of this award is to bring recognition to an outstanding community-based preceptor serving South Carolina health professions students. Each year practitioners volunteer to provide hours of clinical education to students from various health professions. It is their dedication to the education of the next generation of health professionals that is honored with this award.



Marsha Delavan is the Founder and President of St. Paul's Medical Group in Hollywood, SC. She founded the clinic after her retirement from the Navy. The clinic serves many of the town's poor and medically underserved population. Marsha is dedicated to ensuring access to care and believes in an open door policy. In addition to providing needed care to her community, she also precepts Physician Assistant students for Lowcountry AHEC. Marsha takes an active interest in her patients, staff, students and community. She looks forward to teaching the students and does a thoroughly excellent job. Her students leave their rotations better prepared to practice medicine and excel

at their certification exams. Congratulations Marsha Delavan, the 2006 South Carolina Preceptor of the Year.

Years of Service Awards:

The following members of the South Carolina AHEC staff were recognized for their years of service and dedication to the citizens of South Carolina:



5 YEARS

*Angel Clark
Emily Warren
Mary Fennell
Susan Sanders*

6 YEARS

Eliese Allen-McDowell

15 YEARS

Paula M. Jones

20 YEARS

Judy H. Jones

25 YEARS

Ann B. Graef

35 YEARS

Rebecca S. Seignious

Congratulations to all who were recognized for their dedicated service.

Continued from Page 1...

success and hopes more communities will take steps to address childhood hunger. Members of the Pee Dee community who are interested are encouraged to contact Liz Bright, LPN, at HealthReach at (843) 234-5019 for further information regarding the specifics of program development and support.

Faulkner To Leave Dean's Post

Larry R. Faulkner, MD, vice president for medical affairs and dean of the USC School of Medicine has announced to faculty and staff that he would leave his position on June 30, 2006.

He will take over as executive vice president and chief executive officer at The American Board of Psychiatry and Neurology, Inc., in Chicago. The ABPN is an independent, nonprofit organization that certifies doctors practicing psychiatry and neurology, as well as associated subspecialties.

Faulkner was named the fourth dean of the University of South Carolina School of Medicine in 1995 after serving a year as interim dean and five years as chair of the school's Department of Neuropsychiatry and Behavioral Science. In this capacity, Dean Faulkner worked with the South Carolina AHEC system through its medical residency training programs across the state. He also served as director of the William S. Hall Psychiatric Institute and director of the Division of Research and Education for the South Carolina Department of Mental Health. Prior

to his appointments at the USC School of Medicine, he was director of education for medical students and residents at Oregon Health Sciences University in Portland, Oregon.

Faulkner earned his MD at the University of Washington in Seattle. He is a diplomate of the American Board of Psychiatry and Neurology and of the National Board of Medical Examiners. He is a recipient of the Physicians' Recognition Award of the American Medical Association. In 1996, he was elected as a faculty initiate to the Alpha Omega Alpha Honor Medical Society. In 2003, he was also selected as a member of the Benjamin Rush Society and named a distinguished fellow of the American Psychiatric Association. In 2004, he was named an honorary life member of the Carolina Alumni Association.

Faulkner is a native of Walla Walla, Washington. He and his wife, Judy, have one son.



AMA Foundation Honors Emerging Leaders in Medicine

Andres F. Leone, MD, a resident in family medicine at Palmetto Health Richland from Columbia, SC, has been named a recipient of the American Medical Association Foundation's 2006 Leadership Award, which provides medical students, residents/fellows, young physicians and international medical graduate physicians from around the country special training to develop their skills as future leaders in organized medicine. The awards are presented in association with the Pfizer Medical Humanities Initiative.

The AMA Foundation honored 55 individuals with the award at its annual Excellence in Medicine Awards ceremony on March 12 in Washington D.C. Recipients

of the award demonstrate outstanding non-clinical leadership skills in advocacy, community service and/or education.

Dr. Leone recently participated in a medical mission to Benin City, Nigeria during which he co-taught Advance Life Support in Obstetrics to more than 60 physicians and medical staff. At home in South Carolina, he volunteers at the Buen

Samaritano Clinic that provides care at no cost for indigent Hispanic families and actively served survivors from Hurricane Katrina who relocated.

In addition to participating in the Leadership Award training, Dr. Leone attended the AMA's

National Advocacy Conference later in the week.

"Through their committed efforts in advancing health care in their communities, these men and women have shown tremendous potential for being part of the next generation of medical leaders," said Linda B. Ford, MD, president of the AMA Foundation. "Whether the issues are political or social, I am confident that these talented people will provide solid leadership in the interest of improving health care delivery in our country."

As the philanthropic arm of the American Medical Association, the AMA Foundation is committed to supporting programs in a broad range of health-related areas. For more information, please visit www.amafoundation.org or call 312-464-4200.



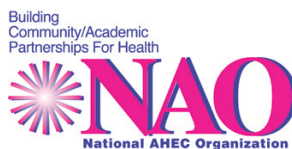
AHEC PLANS FOR THE FUTURE

The National AHEC Organization (NAO), a professional organization representing the 46 AHECs in the United States, recently sponsored two meetings in Washington, D.C. The February 2006 meeting was called a "Re-Visioning" meeting. The NAO brought together its Board and several others from around the country to examine the present activities that are underway in AHECs and the opportunities AHECs have to help address some emerging needs in the U.S. health care system.

Representatives from other professional organizations were invited to attend the meeting and share their perspectives on where they thought the nation's AHECs could make even more significant contributions. Suggestions that emerged that are presently being examined are: making both the

Executive and Legislative branches of government in Washington more aware of the important contributions being made by the U.S. AHEC system, establishing a closer working relationship with the nation's Community Health Centers, expanding the role for AHECs in education about prevention and population health, helping to train and advocate for an expanded role for community health workers, providing health literacy educational programs, and working more closely with academic health centers to aid with community-based research. The NAO Board will be working with the organization's members to decide how to respond to these ideas and opportunities.

In March 2006, the NAO sponsored a Health Policy conference. This meeting



provided an opportunity for representatives from AHEC's across the country to learn about federal legislative initiatives. Cheri Plyler, MBA and David Garr, MD represented the South Carolina AHEC at this Health Policy Conference. They spent an entire day on Capitol Hill meeting with the legislative aides of the eight members of the South Carolina delegation. During these meetings, they shared information about the contributions the South Carolina AHEC is making to the state and sought the support of the representatives and senators for important legislation coming before Congress this year that helps fund the nation's AHEC programs.

In summary, both meetings were informative and provided an opportunity to both examine at what the South Carolina AHEC is presently doing and what the opportunities and needs are likely to be in the future.

Recognizing and Responding to Elder Abuse

Susan Sanders, CE Coordinator, Lowcountry AHEC

Lowcountry AHEC sponsored *Recognizing and Responding to Elder Abuse* on April 24, 2006 at the Hilton Garden Inn in North Charleston, SC. Attendees included nurses, social workers, case managers, psychologists, long term care administrators, counselors, and therapists.

Randolph W. Thomas, MA, currently presents training throughout the United States to law enforcement and social service personnel on elder abuse investigations. He uses actual case examples in his presentations.

Mr. Thomas is a retired police officer with more than 26 years of service in law enforcement.

His experience includes patrol, investigations, planning and research as well as over 14 years as a law enforcement trainer with the South Carolina Department of Public Safety. He develops and presents training relating to the investigation of child and elder abuse, and juvenile crime across the country.

Mr. Thomas was the Project Director for the South Carolina Adult Protection Coordinating Council and has served on a number of committees in the field of elder abuse. He is currently the President for the National Committee for the Prevention of Elder Abuse and serves in an advisory capacity to the United States Department of Justice.

Participants who completed the training are able to: recognize the indicators of possible elder abuse; describe the issues associated with properly responding to elder abuse; and apply accepted response techniques to elder abuse incidents.

Mr. Thomas spoke to the over 50 attendees about caregiver stress, risk factors, types of abuse, and legal definitions. Attendees were presented with a wealth of information by Mr. Thomas and are now better able to meet the needs of the sometimes vulnerable older population. Additional information about elder abuse protection programs can be found at www.lcahec.com or by calling 803-943-5052.

The South Carolina AHEC Residents' Annual Conference

On May 19-20, 2006, the South Carolina AHEC Residents' Annual Conference was held at Hickory Knob State Park, McCormick, SC. Residents from the AHEC-affiliated residency programs were invited to participate. A total of 50 residents attended the Conference.



On Friday morning, a Chief Residents' Seminar designed for physicians who will be chief residents during the 2006-07 academic year was held. The session

was conducted by Franklin Medio, Ph.D., Associate Dean for Graduate Medical Education at MUSC. The agenda included workshops on "Being an Effective Chief Resident" and "Becoming an Effective Clinical Teacher".

On Friday afternoon and Saturday morning, The Hickory Knob Symposium provided an opportunity for residents to present brief 10 minute scholarly presentations. Presentations were categorized into basic research and quality improvement projects. Residents work on their research projects during the year and present their findings at the Symposium. An Awards Luncheon was held after the Hickory Knob Symposium and gifts were presented to the following winners by Dr. Peter Carek:

QUALITY IMPROVEMENT

First Place: *Use of Spirometry in Patients with COPD and Asthma at the Richland Family Practice Center*

Cindy M. Matsushita, MD, MPH, Palmetto Health Family Medicine Residency Program



Second Place: *The Effectiveness of Group Visits for Diabetes*
Jed Hetlinger, MD and Leah Jacobson, MD, Trident Medical Center/ MUSC Family Medicine Residency Program



Third Place: *Improving Success Rates in Anti-Coagulation Therapy Utilizing Point of Care Testing and Provider Education*
Curtis Franke, MD, Trident Medical Center /MUSC Family Medicine Residency Program



RESEARCH

First Place: *Prevalence of Malnutrition in Geriatric Patients of Two Convalescent/Rehabilitation Centers Utilizing the Mini-Nutritional Assessment*
James Franklin, MD, Seneca Lakes Family Medicine Residency Program (Not Pictured)

Second Place: *Physician-Patient Communication about Complementary and Alternative Medicine*
Alfred C. Gitu, MD, Self Regional Healthcare Family Medicine Residency Program



Third Place: *Radiology in Family Medicine*
Thomas Hamilton, MD, McLeod Family Medicine Residency Program (Not Pictured)

This event was sponsored by the South Carolina AHEC Family Medicine Residency Training Program Directors.

If you have any questions, please contact Becky Seignious, Director of Recruitment and Retention Programs at 843-792-4439 or seignior@musc.edu.

Health Career Academy Offers High School Students New Opportunities

Have you been searching for opportunities to:

- Explore health careers through hands on experiences?*
- Meet and interact with practicing health care professionals?*
- Travel to state and national health career conferences?*

Are you interested in earning high school and pre-college credit while doing all of these things, and so much more?

If you answered "Yes" to these questions, the newly designed South Carolina AHEC Health Careers Academy is for you! Developed by the Student Development & Diversity Program Council with support from state and national organizations, the South Carolina AHEC Health Careers Academy is a health career exploration experience for high school students. Activities demonstrating the use of communications, math and science make up the curriculum specifically designed for future health professions students of South Carolina.

Academy Fellows are selected to participate in four years of programming in sessions filled with activities that promote academic success, career development and personal growth. One-on-one mentoring and parental involvement are major components of the Academy. Participants will take part in standardized test prep workshops and mock testing, as well as career interest inventory sessions. Completion of the South Carolina AHEC Health Careers Academy prepares participants for the academic challenge of pre-health training programs.

Would you like to hear more?

Opportunities for travel to state and national health career conferences are available, and visits to health career training programs on South Carolina college university campuses are sponsored. Participants will also have chances to earn high school and pre-college credit with the successful completion of programs endorsed by the SC State Department of Education and the South Carolina Commission on Higher Education.

More?? There is so much more!!



South Carolina AHEC HEALTH CAREERS ACADEMY

Exciting, hands on clinical skills training facilitated by practicing health professionals will be offered. Summer internship experiences and scholarship opportunities are also available. Prior to completion of the four-year Academy, participants will be offered chances to gain health professions certification.

Academy Scholars are selected as rising 9th graders for four years of continuous, fun-filled, interactive

programming that prepares them for transition to college and healthcare training programs. To participate in the 2006 South Carolina AHEC Health Careers Academy, students must apply and go through an application and selection process. Guidelines to be considered for acceptance as an Academy Scholar are available on-line at www.scahec.net, or by contacting your regional AHEC site.



Health Professional Career Profile

PHYSICAL THERAPIST

The practice of physical therapy means the evaluation and treatment of human beings to detect, prevent, correct, alleviate and limit physical disability, bodily malfunction and pain from injury or disease. Physical therapists help patients regain function by reducing pain and improving their ability to move more effectively and efficiently. Physical therapists work with patients of all ages who have conditions ranging from sports injuries to heart attacks.



course; four English courses; two social studies courses including one in U.S. history; and two years of foreign language. In order to become a physical therapist, a person must have completed three to four years of prerequisites prior to applying to a physical therapy program. One can then earn either a master's or doctoral degree in physical therapy.

Licensure, Certification and Registration

Physical therapists are required to sit for a comprehensive national examination in order to obtain a license to practice. State Boards of Physical Therapy grant licenses. To

be eligible for licensure, an applicant must be a graduate of an accredited physical therapy educational program.

Educational Programs

Medical University of South Carolina, Charleston & the University of South Carolina, Columbia

Professional Organizations

American Physical Therapy Association
1111 North Fairfax Street, Alexandria, VA 22314
www.apta.org

SC American Physical Therapy Association, PO Box 6057, Aiken, SC 29804, www.scapta.org

South Carolina Board of Physical Therapy Examiners, PO Box 11329, Columbia, SC 29211
www.llr.state.sc.us/

Places of Employment

- Athletic facilities
- Corporate or industrial health centers
- Education & research centers
- Home health agencies
- Hospitals
- Nursing homes
- Physical therapy clinics
- Private & public schools
- Private practices
- Rehabilitation centers

Educational Preparation

In high school, general college preparatory course work is recommended including: three courses in math including Algebra I, Algebra II and geometry or a higher level math course for which Algebra II is a prerequisite; three science courses including one biological science, one physical science and one lab



Accident Leads to Lifelong Passion

Randi Scott, always planned on being an Algebra teacher, but a car wreck during her sophomore year in high school introduced her to the profession of physical therapy. Her interest was piqued. She enjoyed the one-on-one interaction she received during the six weeks of therapy.

The following year, Randi attended the AHEC Student Development & Diversity Health Careers Exploration Program where she explored a wide variety of health professions, and maintained her interest in physical therapy. She never considered herself athletic, but always had an interest in sports. Randi spent time in high school as a statistician for several teams. Following her first year as a member of the AHEC program, she spent six weeks as an intern in a sports clinic. This experience confirmed her pursuit of physical therapy as a profession.

After graduating from Southside High School in Greenville, SC, Randi enrolled in Clemson University to complete her prerequisite coursework. Two years later, she was accepted into the MUSC Physical Therapy Program.

In 1996, with her Bachelor of Science in Physical Therapy degree in hand, Randi Scott, PT accepted employment at Spartanburg Regional Hospital. Initially, she worked with stroke patients and later transitioned to cardiac care. Five years later, she was named Manager of the In/Out Patient Physical Therapy Services of Spartanburg Regional. She currently supervises both the main and satellite campus Physical Therapy Departments, and most recently acquired management of the Orthopedic Technologies Department.

Randi saw herself as a shy

person who was not willing to challenge herself to grow as an individual. "Great big thanks to AHEC and the SDDP health careers exploration program for the opportunities and for coaching me out of my shell". Randi encourages students to not be limited by self perception but to visualize personal achievement. "Whatever you believe to be true can come true" with preparation and perseverance. She suggests students "not be stopped by obstacles that can be overcome. Realize that the most they can do is slow you down".

Randi Scott, PT invites students who have interest in the field of Physical Therapy to email her questions at rscott@srhs.com. Randi will also make an appearance at the 2006 SC AHEC Future Health Professionals Leadership Institute to be held at Furman University June 13 – 16, 2006.

Nursing Student Crosses the Finish Line

Congratulations to LaVetra Sims! On May 5, 2006, LaVetra earned a Bachelor of Science Degree in Nursing from the University of South Carolina, School of Nursing.

LaVetra has been a member of the Mid-Carolina AHEC Student Development & Diversity Program



for the past five years. She has participated in numerous AHEC sponsored activities including summer institutes, academic competitions (2002 Human Resources Award winner) the

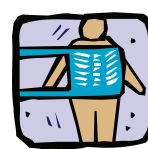
Biomedical Symposium, and community service activities. In addition, LaVetra received a \$1,000 AHEC nursing scholarship.

LaVetra would like to thank AHEC for the support and career guidance that helped to

make her dream of becoming a registered nurse come true.

"Mrs. Angel Clark, I just wanted to say THANK YOU for everything you have done for me. I would not have made it without you! If I can ever do anything for you, please let me know. Truly, you and AHEC have blessed me more than words can say. Keep up the awesome work!" - LaVetra Sims, R.N.

On behalf of Mid-Carolina AHEC, we are very proud of you!



NeuroBlast!

Welcome to NeuroBlast!, an activity designed to improve the reader's knowledge of health careers. This edition of NeuroBlast! will assist you in testing your knowledge about terminology associated with physical therapists. Test your knowledge by finding the hidden words. Answers can be found at WWW.SCAHEC.NET.

L E E F H C P H D T T S N T C
 P A M S Q E W G S N H C F V V
 R H T F N F R L M E E I Z Q K
 M R Y E Z E A L H M R N X Q W
 J V K S L T C B I T A I H D Q
 K F I H I E C I L A P L X H M
 L N J P A C K D L E Y C B O H
 U Z S B Z A A S U R H R V F S
 H O I F M G P L O T G E H R G
 H S T N E I T A P L M H E C A
 N S P I N J U R Y E U T M I Q
 Y K V P Z P P N N Q S C Q Z J
 D O C T O R A T E A O T S E F
 D C Z J T Y Q F M D K T Q U B
 K S E J S H J F H M D I D M M

WORD FIND

CLINICS
 DOCTORATE
 HOSPITALS
 INJURY
 LICENSE
 MASTERS
 MOVEMENT
 MUSCULOSKELETAL
 PATIENTS
 PHYSICAL
 THERAPY
 TREATMENT

Mid-Carolina Student Receives Herman Lay Scholarship

Katherine Myers is a graduating senior at C.A. Johnson Preparatory Academy in Columbia, SC where she has maintained Principal's Honor Roll status, averaging a 4.62 GPA. Among her numerous academic achievements Katherine has earned a score of 1850 on the national Scholastic Aptitude Test and is both a Life Scholar and Palmetto Fellows Scholar.

In April of 2006, Katherine was awarded the "Herman W. Lay Scholarship" from Furman University in Greenville, S.C. The Herman W. Lay Scholarship, along with the Palmetto Fellows and National Achievement Scholarships will cover Katherine's full tuition, housing and books for the next four years.

Katherine's extra-curricular activities include track and field in which she qualified for the 2004 State Competition placing fourth in the 800-meter dash, and qualified for the 2005 State Competition in the 400-meter dash. She is also a member of the C. A. Johnson Varsity Basketball Team.

Katherine has chosen to explore professions of health utilizing opportunities sponsored and facilitated by the Mid-Carolina AHEC Student Development & Diversity Program. Her participation has afforded her the opportunity to attend the 19th Annual Biomedical Symposium in Anaheim, CA in addition to serving as a panelist for the "Our Health: The Next Generation" taping, which aired on ETV in March.

Katherine also served as the President of the C.A. Johnson Math & Science Club facilitated by Palmetto Family Practice, the C.A. Johnson counseling department and Mid-Carolina AHEC. As President, Katherine recently initiated a canned food drive as one of the club's 2005-2006 community service projects.

On behalf of the Mid-Carolina AHEC Student Development & Diversity Program, congratulations Katherine!



Graduation Just Another Stop on the Road to Being A Doctor

May 19, 2006 - Graduation, was a very special day in the world of Antionette Rhynes and her 149 classmates at the Medical University of South Carolina.

Many summers have passed since Antionette spent the summer following her 10th grade year in high school shadowing various health care professionals in Edgefield, SC as a Student Development & Diversity Program participant. She does not remember how she became involved in the program, but she does remember the impact that was made on her to become a health care practitioner. During her junior year at Strom Thurmond High School in Edgefield, Antionette decided that she would become a doctor. At first, her family members were a little skeptical because no one in their family had ever thought about a career in medicine. Soon after, a support network rallied behind her that included her parents, aunts, teachers, counselors and the regional AHEC site. As a result, she established relationships with several family practice physicians in the area who became role models for her.

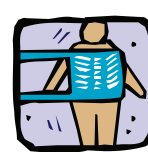
Antionette entered Furman University in Greenville, SC in 1997 as a Biology major. Her support network grew to include campus faculty and staff. She also joined the Paladin SEARCH program that was sponsored by the local AHEC which allowed her to connect with other students who shared similar goals and to network with more health care practitioners. Prior to graduation, Antionette began receiving acceptance letters from several prestigious medical colleges including George Washington School of Medicine, University of South Carolina School of Medicine, and Medical University of South Carolina (MUSC) College of Medicine. With her Bachelor of Science degree in hand, she

chose to attend MUSC because of its reputation and because her role models had also graduated from the institution.



Several challenges faced Antionette during her studies at MUSC. She recalls how "intensive" Gross Anatomy class was for her. During her first year as a medical student she questioned whether she really wanted to be a physician. She was even granted a leave of absence for one semester. During her time away, Antionette utilized skills she had gained in medical school while working as a lab technician in the Charleston area. The semester was all that she needed to reaffirm her commitment to becoming a doctor.

Eleven years have passed since Antionette selected the path to medicine as her ultimate profession. She recognizes that if she had been deterred by the time commitment, a barrier that she believes often prohibits other African-American students from reaching their goals, May 19, 2006 would have gone by as simply another day. Her perseverance through initial doubts of her potential for success, a commitment to the time and effort needed for her personal success and the financial challenges she has experienced, has brought success. Antionette is looking forward to beginning her three-year residency in Family Medicine at AnMed Health in Anderson, SC. Now as she travels the road, she will be known as Antionette Rhynes, M.D.



Exploring the Dimensions of Magnet

The 4th Annual South Carolina Magnet Conference provided two days of best practices, national success stories and networking to 190 nurse leaders on April 27-28 in Greenville, SC. The conference focused on Evidence-Based Practice and leadership throughout the nursing population through the pursuit of the Magnet designation for hospitals across the state.

The term “Magnet” was coined in 1982 to describe organizations that attracted and retained well-qualified nurses who provided quality patient care and experienced a high degree of professional and personal satisfaction through their practice. Today, the Magnet Nursing Services Recognition Program for Excellence in Nursing Services is the highest level of recognition that the American Nurses Credentialing Center (ANCC), an arm of the American Nurses Association, can award to organized nursing services in health care organizations.

Magnet hospitals create a working environment that supports the staff nurse and provide superior nursing practice to achieve optimal patient outcomes. Magnet also creates a positive “halo”

effect beyond nursing services that is transferred to all health care team members reinforcing collaborative working relationships with one goal—optimal patient care. Health care organizations that implement Magnet practices often have higher levels of patient satisfaction, better patient outcomes, higher levels of nurse satisfaction, and significantly higher nurse-appraised quality of care.

Of the more than 5,000 health care facilities in the United States and internationally, 199 have been awarded Magnet status as of today. This year we celebrated South Carolina’s first facility achieving Magnet status, Spartanburg Regional Healthcare System. A celebration was held in their honor and attendees “paraded” in their Magnet finery.

This year’s conference focused on developing research and leadership within the nursing population, promoting education of staff, linking to nursing programs, and evidence-based practice. Participants explored strategies that incorporated evidence-based practice in the nursing environment, discussed the current status of research in Magnet hospitals, and examined “Best Practices” used in clinical nursing and outcome research.

Conference highlights included national speakers from Magnet designated facilities, workshop panels consisting of nurse leaders from hospitals across the state, and a poster session displaying best practices. During the two days of education, networking and celebration, special presentations were made to Ruth Seigler and Renatta Loquist in recognition for contributions



made to the South Carolina Nursing Workforce, leadership in the nursing education, inspiration given to nurses and healthcare professionals, and decades of service to our state. Without their energy, efforts and foresight, the Magnet journey in South Carolina would not have come this far.

Mark your calendar now for next year’s conference scheduled for April 26-27, 2007 in Columbia, SC. For more information and to view conference presentations, visit www.scahec.net/ce/magnet.html.

Lowcountry AHEC'S Disaster Preparedness & Response Trainer Bowers Named Charleston County's 2005 Paramedic of the Year

Barbara Burden, Disaster Preparedness & Response Training Coordinator, Lowcountry AHEC

On January 19, 2006, The Knights of Columbus honored Lt. Raymond Bowers with the Joan S. McIntyre Paramedic of the Year Award.

Raymond has been employed with Charleston County EMS since 1995 and is a District Supervisor for the East Cooper area. In addition to his regular duties, he is involved with EMS' Hazardous Material Response team, Tactical Medical Support team, and is part of the Lowcountry COBRA Task Force. Raymond also is a Disaster Preparedness & Response Trainer for Lowcountry AHEC.

Lowcountry AHEC has benefited from the experience Raymond has brought to the Disaster Preparedness & Response Training Network. He has given numerous presentations based on his extensive knowledge of the subject and his presentations have been well received by audiences from the twelve counties served by Lowcountry AHEC.

Raymond states, "In the event of a public health emergency, the speed and efficiency at which health professionals respond will be an important factor in saving lives. We want to inform as many people as we can that they have a responsibility to receive this training so we'll be much better prepared to handle these emergencies."

Lowcountry AHEC is proud to have Raymond Bowers as one of our outstanding Disaster Preparedness & Response Trainers and congratulate him on this award.



Dr. Harold Gabel Works to Ensure Public Health Preparedness

Dr. Harold Gabel is a recent addition to the South Carolina AHEC Disaster Preparedness and Response Training Network team. While Disaster Preparedness may seem like a new field, Dr. Gabel has worked to prepare the public for most of his career.

Dr. Gabel is Board Certificated in Obstetrics and Gynecology and has a Master's degree in Public Health. After five years of clinical practice, he began his 32 year public health career.

Dr. Gabel has worked at the state level in Virginia and Arizona, and as Assistant Deputy Commissioner in the South Carolina Department of Health and Environmental Control (SCDHEC).

In the latter part of his career he worked in local health departments in North Carolina, Maryland, and South Carolina.

In his capacity as Director of the Public Health Department for Guilford County, North Carolina, he provided oversight for a regional bioterrorism and disaster preparedness program, which served 19 counties.

Since retiring in 2003, Dr. Gabel has been a medical consultant for SCDHEC in the area of disaster preparedness working on regional mass casualty plans and evaluating hospital bioterrorism plans.

His role with South Carolina AHEC fits nicely with his role of providing consultation for the state health department. Dr. Gabel provided training in the Incident Command System, pandemic "flu" preparation and other competency based skills for hospital staff, primary care clinic staff and first responders.

Dr. Gabel serves as the liaison between SCDHEC and South Carolina AHEC at the state level and works with South Carolina AHEC's Disaster Preparedness Coordinators and SCDHEC's Public Health Preparedness Coordinators to offer training at local sites. Over the next two years of the grant, he will continue to serve as an integral member of the Disaster Preparedness and Response Training Network by preparing hospitals, health care professionals and communities for the next public health challenge.



Q&A With Dr. Ed Evans, Family Practitioner and Medical Director

Dr. Ed Evans is an Assistant Professor with the Department of Family Medicine at the Medical University of South Carolina and the Director of the Seneca Lakes Family Medicine Residency Program. He earned a Bachelor of Science degree from Mercer University in Macon, GA and a Doctor of Medicine from Emory University School of Medicine in Atlanta, GA. Dr. Evans completed his Family Medicine Residency at the University of Virginia Health Sciences Center.

What encouraged you to become a family practitioner and specifically, a practitioner interested in Obstetrics?

Despite growing up in metro Atlanta, I was delivered at an inner city hospital by a family physician who remained our family's doctor until his retirement. I remember that he kept our entire family's records in one chart, and had a steno pad on the receptionist's desk to sign in. It was first come, first served with no appointments. I was inspired to become a physician in the 5th grade when Mrs. Martin read our class the "I Am Joe's Body" series

every month in Reader's Digest. My parents were both from rural north Georgia communities, where I spent a week each summer and fell in love with rural life (no surprise, given the traffic in Atlanta). I decided I wanted to practice full spectrum Family Practice in a town just barely big enough to have a hospital. It was always a given that I would do Obstetrics; I never considered otherwise.

What do you find rewarding and challenging about practicing in a rural setting?

The chief reward of rural practice is that patients identify you as their doctor. They want to see you first, regardless of the magnitude or location of the problem. I've done many "office" visits at the Dairy Queen and the ball field. The sense of trust from them is present from the beginning of the relationship. Many times I'd send someone off to see the super-specialist, and they would come back to talk to me about their opinion before even filling the prescription, having the procedure, etc. The challenge is to maintain your personal and family life in the setting of such time demands. With very rare exceptions, though, I found that patients were

very respectful of my "off" time. My phone number has always been in the book, and I don't recall ever getting called at home without it being appropriate. In fact, the call was more likely to be an invitation to go fishing or play golf than to do work!

How did receiving a South Carolina AHEC Rural Physician

Incentive Grant influence your decision to practice in a rural setting? Would you have still chosen to do so without the grant?

I was a recipient of a similar grant to begin my practice in Georgia, but still had some loans to repay by the time I got to South Carolina eight years later. I had never considered going anywhere other than a rural setting. The incentive grant made the transition infinitely easier as I moved from a busy private practice to a situation in which I was starting the rural residency program. I was building a whole new practice, and the cash flow issue was greatly ameliorated by the grant.

How does serving as the Director of the Seneca Family Medicine Residency Program correlate with your mission as a physician?

I remember writing my personal statement to enter residency, stating that I "wanted to be the most help to the most people" possible and rural Family Medicine was the obvious way to go for me. Now as I train young doctors to do the same, I feel that I have multiplied my impact with each graduating class.

What are the rewards and challenges you encounter as the Director? Specifically, what are some of the aspects of family medicine and graduate medical education that you have to contend with?

Any program director would agree (as would any doctor) that the paperwork to prove that you're doing what you're supposed to be doing takes longer than doing what you do! The new system of competency-based assessment is a wonderful improvement over the old system; now we can really



decide if a doctor is ready to go into the real world at the end of their training. Working with young, intelligent people is its own reward.

What advice do you have for a medical student trying to decide between family medicine and other specialties, and rural versus urban settings?

Someone said "Do what you love, and the money will follow." Family Medicine is surely not the most lucrative specialty. In a rural doctor's life there is enjoyment in treating many generations of the same family, delivering babies, and visiting funeral homes when necessary. In Family Medicine you always know enough to get started evaluating ANY complaint that a patient may have, regardless of the "specialty" it covers. The more urban your setting the narrower your focus must be, particularly regarding the scope of your hospital practice.

If students were concerned about being on the cutting edge and staying the loop on new innovations, what would your response be? How do you choose to get your information?

Staying caught up has never been easier! You can satisfy almost all the hours required online and for free. The AAFP requires that some of your credits be group activities, but many of these can be local medical society meetings or other low-cost alternatives. You can deliver cutting-edge care to the extent that your facilities allow in the most rural areas of this country. Of course, interaction with your colleagues is always refreshing and stimulating, so going to CME courses once in a while is usually worth the extra expense.

Do you have any other thoughts about the path your career has taken or where you expect it will lead in the future?

There are some, including me at times, who would have second thoughts about recommending a medical career to their own children. Ultimately though, there is no better opportunity to serve others. There are rewards that far outweigh anything money could buy. This morning I began a cancer patient on a new pain medication; his words of gratitude make me glad I got out of bed.

Upcoming South Carolina AHEC Events

South Carolina Rural Interdisciplinary Program of Training

Lowcountry AHEC - May 15-June 16

Upstate AHEC - May 22-June 23

Mid-Carolina AHEC - May 30-June 30

Lowcountry AHEC - June 19-July 21

Pee Dee AHEC - June 26-July 28

June 11-14, 2006

National AHEC Organization (NAO) Annual Meeting, Omaha Nebraska

<http://www.nationalahec.org/About/ConferencesMeetings.asp>

August 12, 2006

South Carolina AHEC Annual Practice Opportunities Fair & Family Medicine Interest Day

Embassy Suites, Columbia, SC - Contact Becky Seignious at 843-843-792-4439 or seignior@musc.edu

Additional program and registration information is available at www.scahec.net. Disaster Preparedness and Response Training programs can be viewed at www.scahec.net/prepares.

2006 Pharmacy Technician Update

Pee Dee AHEC - June 13
www.peedeeahec.net

Lowcountry AHEC - June 17
www.lcahec.com



EXECUTIVE DIRECTOR
David R. Garr, MD

EDITOR
Ragan DuBose-Morris, MA

SOUTH CAROLINA AHEC
Medical University of South Carolina
19 Hagood Avenue, Suite 802
PO Box 250814
Charleston, SC 29425

Phone: 843.792.4431
Fax: 843.792.4430

www.scahec.net

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The editorial staff of "SC AHEC Connects" welcomes the submission of articles, success stories, upcoming events and news for the Fall Edition.

Please forward information, articles and photos to Ragan DuBose-Morris at duboser@musc.edu.

THE DEADLINE FOR SUBMISSIONS IS
August 1, 2006!

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